



# Coping with Withdrawal



Listed in this brochure are some  
things you may feel when you quit  
smoking and what you can do to  
**HELP YOURSELF QUIT!**

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# To Help You



# Stay Smoke Free!

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# Withdrawal from Smoking

## Dealing with the Effects:

Ways to help you cope with those smoking urges... YOU CAN DO IT!

### ► Irritable

At first without nicotine you may feel touchy and nervous... try exercising, it will pass.

### ► Hunger

People confuse hunger pangs with a need for a cigarette. This can result in weight gain. Drink lots of water and eat low calorie snacks.

### ► Cough or Dry Mouth

Your body needs to get rid of lung clogging mucus. Smoking does cause mucus in the mouth. When you QUIT, your mouth may feel dry. Chew sugarless gum or candy to help.

### ► Tiredness or Drowsiness

Nicotine stimulates the brain and central nervous system. When you stop smoking you may feel tired. Go ahead and rest. This is normal.

### ► Trouble Sleeping?

You might wake up during the night or you may notice you dream about smoking. Your body needs time to recover from cigarette effects.

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**When you quit smoking,  
the feelings you  
experience are signs  
that your body is healing  
from the effects  
of cigarette smoking.**





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# **TO HELP YOU RELAX... Try Deep Breathing:**

- ▶ 1. Sit or lie down on your left side in your favorite spot.
- ▶ 2. Loosen tight clothing and take off your shoes.
- ▶ 3. Take off jewelry or glasses.
- ▶ 4. Take a deep breath in through your nose. Let it out slowly through your mouth.
- ▶ 5. Feel the pleasure of deep breathing.
- ▶ 6. Repeat this for ten (10) full breaths.

**You can do Deep  
Breathing Almost  
Anywhere...  
Anytime!**

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# You Can help Yourself by...

**Changing your Routine**

**Exercising**

**Deep Breathing**

**Staying Active**

## Those Bad Feelings Will Go Away!

In California, for free information about quitting tobacco  
call the California Smokers' or Chewers' Helpline:

**1-800-NO-BUTTS or 1-800-844-CHEW**

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**FOR YOU AND YOUR FAMILY**

